



***Vermont State Employees' Wellness Program
2020 Flu Immunizations for Vermont State Employees***

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1. What will be different about this year's clinic?

- You will be required to wear a facemask at the flu clinic, if you cannot wear one due to a medical/other reason, we respectfully request that you do not attend these clinics. You can get a flu shot at any pharmacy that accepts Express Scripts (the State's pharmacy vendor). If it is not the pharmacy you regularly use, then you should bring your Express Scripts card. The shot is 100% covered by your State health insurance. However, some providers charge for the administration of the shot. Check with the provider's office before your appointment.
- Preregistration is mandatory to get a shot at a State of VT clinic. Due to COVID-19 and the need to maintain physical distance and avoid the gathering of people, we cannot accommodate walk-ins as we have in years past.
- Please come just before your appointment time. Appointments are spaced to allow for physical distancing and to avoid groups of people gathering.
- You will be prescreened for COVID-19 and get a temperature check prior to entering the clinic. Anyone with a temperature ≥ 100.4 or who has symptoms or has recently been exposed will not be allowed to enter the clinic.
- Staff at the clinic will be wearing appropriate PPE (Personal Protective Equipment) and will be sanitizing certain work areas more frequently

2. Who is eligible?

- All active permanent and temporary VT state employees
- Due to COVID-19, flu clinics are not open to VT State Retirees, employees of the VSEA, Arts Council, Historical Society and Sheriffs and State's Attorneys
- Contractors, agency employees, teachers, spouses and dependents are not eligible.

3. How do I schedule an appointment?

- You can register online at www.kinneydrugs.com/livewellvermont
- If you do not have computer access, you can register by phone at:
1-855-Flu-Fite (358-3483) M-F: 8 AM – 4:30 PM

4. What information do I need to register?

The required fields of information are as follows:

- Clinic Location, Date and Time
- Name (First and Last)
- Phone Number
- Email Address (Required for online registration)
- Date of Birth
- Employee ID # (Required for Active and SOV Temporary employees only)
- Employment Status: Permanent Active, Retired (SOV), Temporary (SOV) or a member of a Special Group (VSEA, Arts Council, Historical Society, Sheriffs or State's Attorneys).
- Primary Insurance
 - BCBSVT with State of VT as your employer*, Medicare, Tricare/Martin's Point or Other
 - If you are covered by BCBSVT under Health Connect or with another company, you should write "Other".

- Some active employees may have Medicare Part A as well as other insurance such as BCBSVT. If they are still working, then BCBSVT or their other insurance would be the primary insurance.
 - TRICARE/Martin's Point (Veteran's Insurance-may be Retiree, Active, Temporary or a member of a Special Group). We will need your ID # from the back of your card.
- Click "Complete Registration". Once you complete your appointment, you will get a confirmation email which gives you the option to review the Influenza Vaccine Information Sheet (VIS) as well as to **download and print out your consent form ahead. Do that and bring it with you to save time. If you forget, no worries. We will have blank forms at the site.** You can also change or cancel your appointment from this confirmation email.
 - You can also add your appointment to your iCal, Outlook or Google calendar after you complete your registration or from your confirmation email. **Please note that all registration information will transfer over to your calendar appointment. This includes your Employee ID # (actives only), your DOB and any insurance information you provide. We strongly recommend that you delete any information from your calendar that you do not want to be visible.**

5. Why do you need my Tricare number?

- Our vendor, Kinney Drugs, is a designated health provider and is approved to bill Medicare/Tricare for flu vaccines. To bill Tricare accurately, we will need you to fill out a form and provide the appropriate information from your card for Kinney Drugs to bill for your shot.

6. What do I need to bring to my appointment?

- You need to bring a face covering. You will not be allowed into the clinic without one. If you cannot wear a face covering due to a medical issue, we request that you get your shot at a local pharmacy/your PCP.
- Tricare/Martin's Point members should bring their ID card to the clinic. We need information from your card to correctly bill for your shot.
- Please wear a short-sleeve shirt for easier access to your upper arm.

7. Do I need to use leave or sick time to attend?

- Employees can attend on paid "state work time." There will be no mileage reimbursement. Please coordinate with your supervisor/manager to attend.

8. Is there a cost to me for the shot?

- There are NO out-of-pocket expenses or co-pay for eligible participants. Medicare/Tricare will be billed by our vendor for eligible employees/retirees.

9. Will you accept walk-ins?

- No. Due to COVID-19 and the need to maintain physical distance and prevent people crowding, we cannot accommodate walk-ins. Pre-registration for **all** clinics is mandatory.

10. How do I cancel my appointment date and/or time?

- If you registered online, your confirmation email has a link for you to cancel your appointment. You can also **cancel by phone through the registration number** at 1-888-Flu-Fite (358-3483).

11. How do I reschedule my appointment date and/or time?

- To reschedule, you will first need to cancel your initial appointment. If you registered online, your confirmation email has a link for you to cancel your appointment. You can then reschedule either online or by phone. The system does not maintain any of your information. You can also cancel/reschedule through the phone registration number at 1-888-Flu-Fite (358-3483).

12. Is my information secure?

- All client information is protected under strict HIPAA privacy regulations and the website is SSL secured. **Important to note:** If you choose to add your flu appointment to your calendar, all registration information will be transferred including your address, DOB and insurance information. We strongly encourage you to delete any information off your calendar that you do not want visible.

13. Does this vaccine have the mercury-based preservative called thimerosal?

- Yes. Multi-dose vials have a small amount of thimerosal to prevent contamination and growth of potentially harmful bacteria. We will have a limited supply of thimerosal preservative-free vaccine available upon request for anyone who is allergic, pregnant or breastfeeding. High-dose Quadrivalent vaccine for people ≥ 65 also comes as single dose thimerosal preservative-free.

13. What type of flu vaccine am I getting?

- For 2020-2021, quadrivalent (four-component) egg-based vaccines, which protect against a second lineage of B viruses, contain:
 - A/Guangdong-Maonan/SWL1536/2019 (H1N1)pdm09-like virus (updated)
 - A/Hong Kong/2671/2019 (H3N2)-like virus (updated)
 - B/Washington/02/2019 (B/Victoria lineage)-like virus (updated)
 - B/Phuket/3073/2013-like (Yamagata lineage) virus.
- The **High-dose Quadrivalent**, recommended for people ≥ 65 protects against the same four kinds of flu viruses as Quadrivalent vaccine. The high-dose contains 4 times the amount of antigen contained in the Quadrivalent shot.
- For participants who are allergic to eggs, there will also be a vaccine available. For 2020-2021, cell- or recombinant-based vaccines contain:
 - A/Hawaii/70/2019 (H1N1)pdm09-like virus (updated)
 - A/Hong Kong/45/2019 (H3N2)-like virus (updated)
 - B/Washington/02/2019 (B/Victoria lineage)-like virus (updated)
 - B/Phuket/3073/2013-like (Yamagata lineage) virus

14. Who is administering the vaccines?

- VT Registered Pharmacists or Pharmacy Interns who are employed by Kinney Drugs will be administering all vaccines.

15. Where else can I get a shot for myself or my family?

1. Employees with State of VT health insurance can go to any pharmacy that takes Express Scripts (the State's pharmacy vendor) and the flu shot is 100% covered. Flu shots for retirees are 100% covered by

Medicare. Many pharmacies are offering appointments to avoid lines. If the pharmacy is not one they normally use, they should bring their Express Scripts card.

2. Employees can also contact their primary provider. Although the shot is 100% covered, some providers charge for the administration of it which would kick in the copay or deductible. If an employee decides to go that route, he/she should ask about that before going.
3. If employees have no insurance, it is my understanding that the Department of Health will have flu shots available for the uninsured at their District Offices. The list of locations and contact info can be found at: <https://www.healthvermont.gov/local>
4. Employees who have their health insurance with another company (other than BCBSVT with the State) are most probably covered as well. If they are not sure, they should contact that company to verify coverage.

16.If I am over age 65, should I be getting a high-dose flu shot?

- High dose quadrivalent flu shots are available for those 65 and older. Human immune defenses become weaker with age, which places older people at greater risk of severe illness from influenza. Also, ageing decreases the body's ability to have a good immune response after getting influenza vaccine. A higher dose of antigen in the vaccine is supposed to give older people a better immune response, and therefore, better protection against flu.

Fluzone High-Dose is four-component (quadrivalent) inactivated flu vaccine, manufactured by Sanofi Pasteur Inc. and is licensed specifically for people 65 years and older. Fluzone High-Dose vaccine contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots (quadrivalent). The additional antigen is intended to create a stronger immune response (more antibody) in the person getting the vaccine and therefore, better protection against flu.

If you still have questions as to whether you should receive the High-dose, you should contact your primary provider. If there is a supply issue, you can also check with local pharmacies or your doctor's office as to availability. The most important thing is to get a shot so we strongly suggest that you do not delay. Anything is better than nothing.

17.Does the CDC recommend one vaccine above another for people 65 and older?

- The CDC and its Advisory Committee have not expressed a preference for any flu vaccine indicated for people 65 and older. CDC recommends flu vaccination as the first and most important step in protecting against the flu.

18.Where can I find more information?

- Contact LiveWell Vermont State Employees Wellness Program at DHR.LiveWellVermont@vermont.gov or call 802-828-7308 or visit <http://humanresources.vermont.gov/benefits-wellness/wellness/flu-program>
- Contact Vermont Department of Health Immunization Program at 802-951-1234 or 800-464-4343 or visit <http://healthvermont.gov/hc/imm/index.aspx> or www.flu.gov.